

The **Be Smart** Family Planning Program reduces unintended pregnancies and improves the well-being of children and families in North Carolina.

### Family Planning Can Help You Have a Better Life.

- Helps you to decide when or if to have a baby.
- Helps you plan a healthier pregnancy and birth.
- Allows parents to better provide for their family, both financially and emotionally.
- Allows more time and attention for your children.



### The North Carolina **Be Smart** Program:

- Provides family planning and birth control;
- Is free – there is no cost for the services;
- Is voluntary; and
- Is confidential.

### Who Can I Call If I Have Questions?

You can call your local Department of Social Services office or your local county Health Department at the number listed online.

For more information, go online to:

[www.ncdhhs.gov/dma](http://www.ncdhhs.gov/dma)

## Be Smart

is brought to you by  
North Carolina's

Division of Medical Assistance  
and Division of Public Health

*The **Be Smart** program has been continued through the State Eligibility Option for Family Planning Services. More information on this option is available on DMA's website at [www.ncdhhs.gov/dma/services/familyplanning.htm](http://www.ncdhhs.gov/dma/services/familyplanning.htm).*



State of North Carolina | Pat McCrory, Governor

Department of Health and Human Services

Aldona Z. Wos, M.D., Secretary

[www.ncdhhs.gov](http://www.ncdhhs.gov)

N.C. DHHS is an equal opportunity employer and provider.

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# Be Smart. Be Ready.

A Family Planning Program

**Are you ready** to  
be a mom or dad?

**Are you** ready  
for another child?

**Do you think** you might  
want more children?



If you answered no to any  
of these questions...

You may qualify to receive  
birth control methods  
and health care services for **FREE**

# Free Family Planning/ Birth Control Services (for Eligible Individuals)

## Who Can Apply for Be Smart?

- U.S. citizens or documented immigrants
- North Carolina residents who:
  - ✓ Are not pregnant;
  - ✓ Are not sterilized;
  - ✓ Are not incarcerated; or
  - ✓ Have an income at or below 195% of the federal poverty level.
- Not currently on Medicaid
- Other requirements may apply

### How Can I Prevent a Pregnancy?

(often called “birth control”)

**No sex** (abstinence)  
or

**Using a birth control method**

(Like birth control pills, the shot, IUDs,  
condoms, etc.)



## What Does Be Smart Provide?

The program provides:

- Family planning initial and yearly exams;
- Follow-up family planning visits;
- Birth control and family planning counseling;
- Pregnancy tests;
- Some types of birth control methods like the pill, the shot and IUDs, as well as vasectomies and tubal ligations;
- Family Planning Lab tests;
- HIV (Human Immunodeficiency Virus) testing;
- Limited screening for sexually transmitted infections;
- Pap tests;
- Help on when or if to have a baby; and
- Referrals.

## Where Can I Go for Family Planning Services?

Any participating family planning provider enrolled with Medicaid can provide **Be Smart** services.

- Private medical providers
- Local health departments
- Federally Qualified Health Centers
- Rural Health clinics
- Planned Parenthoods

## What is Not Covered?

- Emergency department/room services
- Dental
- Fertility testing and treatment
- Hysterectomies
- Abortions
- Pregnancy health care
- Ambulance
- Condoms
- Contraceptive foam, contraceptive jellies or contraceptive suppositories
- Durable medical equipment
- Home health
- Inpatient hospital
- Mental health
- Optical
- Treatment for AIDS
- Treatment for cancer
- Sick visits
- Any service not related to family planning

**For other medical conditions, you can go to a community health center or your local health department that provides primary care.**

## How Do I Apply for Be Smart?

Applications are available at:

- Your county Department of Social Services office;
- Local health departments;
- Many community health centers; and
- Online at [www.ncdhhs.gov/dma](http://www.ncdhhs.gov/dma).

## How Long Does it Take to Get Approved?

Most applications are evaluated and processed within 45 days.